

# Welsh Anglesey Eggs



Preparation time: 60 mins

Serves: 4 people

User Rating: ★★★★★

Publication: 7 October 2020

Categories: Dinner Recipes, Vegetarian

Perfect for vegetarians, this recipe is comfort food at its finest. The recipe, called *wyau ynys mon* in Welsh, comes from Anglesey which is a small island off the coast of Wales in the Irish sea. A delicious meal of potatoes, leeks, eggs and milk; leeks are in fact the national symbol of Wales, and one of the few vegetables that used to grow locally in the country.



## Ingredients

4 medium potatoes (about 500g), peeled and cut into large chunks

½ cup (125 ml) milk

50g butter

2 leeks, thinly sliced

salt and black pepper, to season

5 eggs

## **CHEESE SAUCE**

2 cups milk

50g plain flour

50g butter

1 cup grated cheese (such as tasty or cheddar)

## **Method**

1. Place the potatoes into a large saucepan and cover with water. Bring to a boil and boil for about 15-20 minutes until the potatoes are tender. Drain and return to the dry pot over low heat for 2 minutes. Mash the potatoes, then add the cream and butter and beat through the potatoes.
2. In a separate saucepan cook the leeks with a little water for about 10 minutes until they are very tender. Stir the leeks through the potatoes and season the mixture very well with salt.
3. Bring a large pot of water to the boil and boil the eggs for 9 minutes. Plunge them into iced water to stop the cooking, then peel and quarter the eggs.
4. For the cheese sauce place the butter and flour in a small saucepan over medium heat and cook, stirring constantly until the butter and flour are combined. Add the milk a little at a time and continue to stir until the mixture forms a sauce around the consistency of thick cream. Stir in the cheese until melted. Season to taste.
5. Turn on your oven's overhead grill. Fit the potato and leek mixture into the base of a large baking dish and add the quartered eggs on top. Pour over the cheese sauce and bake for about 15 minutes until the cheese sauce is browned and bubbling. Grind over a little black pepper to serve.